

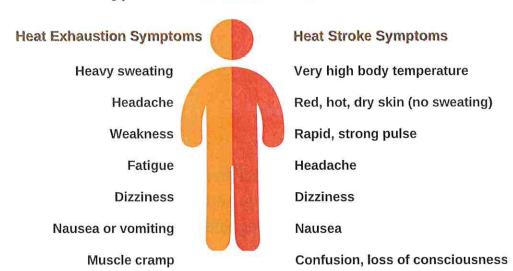
Preventing Heat-related Illness (HRI)

Protect Yourself and Others

- · Heat-related illness can affect everyone, especially vulnerable populations.
- Heat exhaustion and heat stroke are dangerous and can be life threatening.

Watch for signs of heat-related illnesses and take actions to help yourself and others. Learn and look for the warning signs of heat cramps, heat exhaustion, and heat stroke.

Types of heat-related illness



What to do for heat exhaustion

- · Move to a cool place
- Loosen clothing
- Put cool, wet cloths on body or take cool bath
- · Drink cool water

Get medical help for any of the following:

- · Person throws up or cannot drink
- · Symptoms get worse
- Symptoms last longer than one hour

What to do for heat stroke

Seek immediate medical attention Call 9-1-1 right away

- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or cool bath